

**Table 3. Prognostic factors and their association with disability outcome.**

Prognostic factors	Cohort	Association with recovery (rec) or deterioration (det)
Age	Me97 (E-NH)	OR (rec) = 0.94 (0.91–0.96)
	Me97 (E-NC)	OR (rec) = 0.96 (0.93–0.98)
	Bo94	$\beta$ (det) = 0.618 ( $P<0.01$ ) ( $P<0.01$ )
	Su94	NS
	Wa99	NS
	Zi98	$\beta$ (rec) = -0.054 ( $P<0.01$ )
Sex	Lu95	$\beta$ (rec) = -0.100 ( $P<0.01$ )
	Me97 (E-NH)	NS
	Me97 (E-NC)	NS
	Bo94	NS
	Su94	NS
	Wa99	OR (rec) = 1.66 ( $P<0.05$ ) (male to female; bathing)
Race/ethnicity	Zi98	NS
	Lu95	NS
	Me97 (E-NH)	OR (rec) = 0.62 (0.42–0.93); (black to white)
Education	Me97 (E-NC)	NS (black to white)
	Zi98	NS (mainlander)
	Me97 (E-NH)	OR (rec) = 0.95 (0.92–0.98) (lower to higher level)
	Me97 (E-NC)	NS
	Su94	NS
Income	Zi98	NS
	Lu95	NS
Marital status	Me97 (E-NH)	OR (rec) = 0.56 (0.36–0.86) (low to high)
	Me97 (E-NC)	NS
Insurance	Zi98	$\beta$ (rec) = 0.298 ( $P<0.05$ ) (married to unmarried)
	Lu95	NS
Residence	Bo94	NS
	Su94	MD (rec) ( $P<0.01$ ) (non-urban)
Social network	Zi98	NS (socialising, organisational membership)
	Lu95	NS (social contacts)
	Lu95	$\beta$ (rec) = 1.219 ( $P<0.01$ ) (social participation)
	Lu95	$\beta$ (rec) = 0.331 ( $P<0.01$ ) (social support)
Loneliness	Lu95	NS
	Zi98	NS
Emotional support	Wa99	OR (rec) = 0.52 ( $P<0.01$ ) (length of stay; mobility)
	Wa99	OR (rec) = 1.72 ( $P<0.05$ ) (quality of care; bathing)
Hospitalisation	Bo94	$\beta$ (det) = 1.126 ( $P<0.01$ ) (for a longer period)
	Wa99	OR (rec) = ? (number of activities with improvement/decline)
Functional factors	Zi98	NS
	Ha05	HR (rec) = 1.04 ( $P<0.001$ ) (time to recovery)
Physical activity level	Zi98	$\beta$ (rec) = 0.443 ( $P<0.01$ )
	Lu95	$\beta$ (rec) = 0.596 ( $P<0.01$ ) (better)
Self-rated health	Me97 (E-NH)	OR (rec) = 0.70 (0.50–0.97) (poor)
	Me97 (E-NC)	OR (rec) = 0.49 (0.36–0.65) (poor)
	Bo94	$\beta$ (det) = 0.502 ( $P<0.01$ ) (impaired)
	Su94	OR (no rec) = 2.6 ( $P<0.01$ ) (impaired)
Depression	Su94	NS
	Sa94	OR (rec) = 0.5 (0.3–0.9) (mobility)
Visual impairment	Sa94	OR (rec) = 0.52 ( $P<0.05$ ) (IADL)
	Su94	NS
Hearing impairment	Su94	NS
	Su94	NS
Joint pain	Su94	NS
	Su94	NS
Dyspnoea	Su94	NS
	Su94	NS
Smoking	Zi98	NS for recovery
	Lu95	NS
Alcohol	Zi98	NS
	Lu95	NS
Body mass index	Me97 (E-NH)	NS for recovery
	Me97 (E-NC)	OR (rec) = 0.65 (0.48–0.96) (> 27 kg/m <sup>2</sup> )
	Me97 (E-NC)	OR (rec) = 0.59 (0.43–0.81) (< 23 kg/m <sup>2</sup> )
Chronic diseases	Me97 (E-NH)	NS for recovery
	Me97 (E-NC)	OR (rec) = 0.87 (0.77–0.98) (presence)
	Bo94	NS for recovery
Population mortality rate	Lu95	NS
	Bz94	NS

OR = odds ratio,  $\beta$  = regression coefficient, NS = statistically not significant. Me97, Mendes de Leon et al, 1997<sup>15</sup>; E-NH, EPSE – New Haven; E-NC, EPSE – North Carolina (EPSE = Established Populations for Epidemiologic Studies of the Elderly); Bo94, Boaz 1994<sup>12</sup>; Su94, Sauvel et al 1994<sup>14</sup>; Wa99, Walk et al 1999<sup>18</sup>; Zi98, Zimmer et al, 1998<sup>11</sup>; Lu95, Liu et al, 1995<sup>16</sup>; Ha05, Hardy and Gill, 2005<sup>13</sup>; Sa94, Salive et al 1994<sup>11</sup>.